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Vegetable salami with high nutritional and functional properties

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Vegetables are strongly recommended in human diet since they are wealth of minerals, antioxidants, vitamins and dietary fibers. There are wide epidemiological studies describing the correlation between the consumption of vegetables and the decrease of cardiovascular diseases. Despite these advantages, many people (especially children) do not like vegetables as it, as opposed to some foods that are very attractive for their sensorial characteristics but nutritionally unbalanced. Among them, 'salami' are typical Italian fermented products made up of pork meat and back-fat that are very appreciated for their flavor and taste but present a high content of fatty saturated acids and cholesterol.

The aim of this research was the realization of new fermented vegetable salami, with high nutritional and functional properties. Formula and processing of vegetable 'salami' were studied.

The realized product showed an appropriately balanced composition of nutrients, a good color and a texture very similar to meat 'salami'. A particular flavor developed by slow processing fermentation. During ripening stage, lactic bacteria concentration was more than 108 UFC/g. This value represents the minimum threshold to consider a food as probiotic *in vitro*.

Biography

Roma Giuliani is a PhD doctorate and researcher in Food Technology at Foggia University, Italy. Her researches have been focused on preserved vegetable food and microwave stabilization. Currently, her research is focused on biodegradable packaging obtained by extrusion-cooking and edible film. She has published 25 scientific publications.

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